

Healthy TOGETHER

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Program clients

1-800-562-4620

www.OHPCC.org



Playtime Improves Your Health—At Any Age

Playing keeps adults young at heart in more ways than one. Research shows that fun things like coloring and playing checkers may offer health benefits. They may protect against anxiety disorders, obesity, heart disease and dementia. Here are some ways to reap the rewards of play, at any age.

Hoop It Up

The Hula-Hoop was a popular kids' toy in the 1950s. We now know that spinning a Hula-Hoop around your hips gives you a good workout. It speeds up your heart rate and burns about 210 calories in 30 minutes. That is as good as the workout you get from step aerobics or kickboxing.

Color Inside (or Outside of) the Lines

Coloring books are not just for kids. You can use colored pencils, crayons or markers to color butterflies or landscapes or whatever you like. Coloring offers a way to express yourself. Coloring detailed designs may even help prevent anxiety.

Hit the Playground

Try a fitness class that takes you out of the gym and right back to recess. By competing in games like hot potato and relay races, you will burn calories. You will also distract yourself from discomfort and improve the way your brain functions.

Roll the Dice

From bingo to bridge, games offer more than a good time. Playing them can protect your brainpower and ward off signs of dementia. A recent study found that older adults who more often played cards, chess and other games had lower odds of developing dementia. They also had lower rates of depression.



24/7 Nurse Advice Line

1-800-562-4620

Call ANYTIME you want
to talk to a nurse.



Is Your **Asthma Medicine** Working?

If you have asthma, your doctor will most likely prescribe 2 or more asthma drugs for you. With the right mix of medicines, you should have few, if any, symptoms. Take your medicine exactly as prescribed.

Types of Medicine

There are 2 main types of asthma medicines:

- **Long-term asthma control medicines.** These help prevent symptoms from developing.
- **Quick-relief medicines.** These ease symptoms that have flared and that could become dangerous if not treated right away.

Does Your Medicine Need Adjusting?

These signs can mean your

medicine is not working the way it should:

- You use your quick-relief inhaler more than 2 times a week during the day.
- You use your quick-relief inhaler more than 2 nights per month.
- It takes more puffs on your quick-relief inhaler than it used to before you feel better.
- You use more than 1 quick-relief inhaler canister during an 8-week period.
- You have to go to the emergency room because of your asthma symptoms.

Talk to your doctor if you have any of these signs. Your doctor may want to change the dose of your medicine or try a different medicine.

Is It Time for an Inhaler Refill?

With pills, it is easy to see what is left in the bottle. With an inhaler, you cannot tell by looking at it or shaking it. It is important to keep track of how many puffs you have left so that you can order a new one before you run out. Here are a few options:

- **Use the dose counter** on your inhaler, if it has one. Learn how to read the display. Order a new inhaler when the counter says there are 20 puffs or fewer left.
- **Do the math.** Track the number of puffs you take a day. Then read the label on your inhaler to find how

many puffs it contains. Divide this number by the number of puffs you use per day. For instance, if your canister has 200 puffs and you take 6 per day, divide 200 by 6. You will get 33. Count ahead 33 days on your calendar and circle the date. That is when your inhaler will run out. Refill your prescription 1 or 2 days before that date.

- **Try an app.** There are now apps for your smartphone that can help you keep track of how many puffs you take a day. One is called Inhaler Tracker. You can use it to track how many puffs you used, and it can remind you when to reorder.



Small Moves Add Up to **Big Health Benefits**

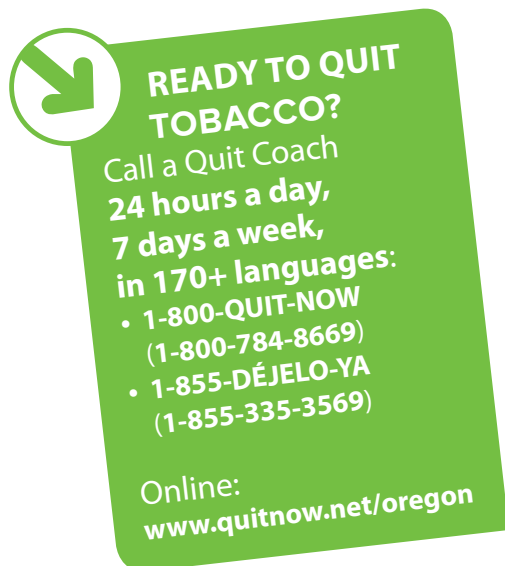
If you do not have time for a half-hour or hour-long workout, do not sweat it. Instead, squeeze exercise into your life in small chunks. According to the Centers for Disease Control and Prevention (CDC), 10-minute bouts of exercise throughout the day can be just as healthy as 1 longer session.

The CDC recommends getting 150 minutes (2 ½ hours) of moderately intense activity, and at least 2 strength-training sessions, each week. If you fit in fitness throughout the day, the shorter sessions add up. Here are some mini workouts to get you started. Feel free to mix and match them. Watch the clock, aiming for 10 to 15 minutes of these activities 2 or 3 times daily:

- **Walk whenever you can.** Walk on your lunch hour, or before and after work.
- **Do not just sit there—deskercise!** At work, keep hand weights at your desk. Do bicep and tricep curls while you are on speakerphone.

- **Have a ball.** Build core strength by sitting on an exercise ball at your desk instead of a chair.
- **Turn your living room into a gym.** When you are watching TV, jog in place, dance, or do crunches, squats, lunges, push-ups or jumping jacks during each commercial break.
- **Take stair breaks.** During the workday, take the stairs up and down several flights just to get some exercise.
- **Do laps at the mall.** Park far away from the mall's entrance. When you get inside, do a lap around the mall before entering a store.

Exercise does not have to be strenuous to be healthy. Still, to avoid injury, start slowly. Start by being active for just 5 minutes at a time, especially if you have not exercised lately.



Call **1-800-562-4620** to discuss any of the topics in this newsletter or any other health issues. Visit our Web site at **www.OHPCC.org**.

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3 Simple Tips for Eating Better

You need more than just willpower to eat better. A better strategy: Make healthy food choices **easy, attractive** and **routine**. These 3 tactics can help you eat healthier:

1 Make healthy food options **easy**. Put healthy foods where you can see them. Keep a bowl of fruit on the kitchen counter, for example. Or cut up fruits and veggies, and put them in small plastic bags. They will be easy to grab for a quick snack.

2 Make nutritious choices **attractive**. Give them an appetizing name. Call broccoli “dinosaur trees” to make them more appealing to kids, for example. Putting fruit in a nicer bowl also helps people eat more of it.

3 Make healthy foods a part of your **routine**. Make a habit of serving a side salad or steamed vegetables with dinner every night.

For more ways to help you and your family eat healthier, visit **www.letsmove.gov/healthy-families**.

